

OVEN COOKING METHOD FOR Chicken Breast, Turkey Breast and Ribs.

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Preparation Time; 10 minutes

Cooking Time; 1 hour.

This cooking method will give you tender and juicy meats and will also keep your oven cleans since that the Pyrex cookware will be covered with aluminum foil and thus preventing splashing.

CHICKEN OR TURKEY BREAST COOKED IN THE OVEN.

You can use either whole or cut Chicken Breast with bones and skin or no bones and no skin. The main thing here to remember is not to stack the breast one over the other but only side by side each others.

Put your Chicken Breast side by side in a rectangular Pyrex Glass Cookware of about 9 by 13 inches and 2 ½ inches high then add about ½ inch of water at the bottom of the cookware. You could season the Chicken Breast only with some Salt and Pepper and some Garlic Powder and Paprika or spread my B.B.Q. sauce on the Chicken Breast.

Cover the Cookware completely with aluminum foil and tightly turn the foil under the handles and tight on each side to help to keep the moisture in the cookware. **DO NOT PRE HEAT THE OVEN This is very important.** Set the Oven grill at mid oven height and place the Cookware in the center of the oven and **set the heat at 350 degree F. and let cook for one hour. Start counting the time from the time that you put the cookware in the oven and that you set the cooking temperature.**

After on hour remove the cookware from the oven and remove the foil immediately and transfer the Chicken Breast into another plate to let them cool down or serve immediately. To freeze the Chicken Breast simply let cool down and then wrap them individually in cellophane foil and freeze them.

The same cooking method can be used for Turkey Breast, just add another 10 to 15 minutes to the cooking time. This recipe is not for a whole Chicken of whole Turkey but only for Breasts or legs. To cook Chicken wings reduce the cooking time. Keep the juice from the Chicken Breast it will make a great Chicken Soup.



PORK, BEEF OR LAMB RIBS COOKED IN THE OVEN.

Preparation Time ; 15 minutes

Cooking Time ; 2 hours and 15 minutes.

Previously brown the Ribs in 4 to 6 Table Spoon of Olive Oil at medium to high heat. If you have lots of Ribs to do you might have to add some more Oil. There should always be some in the bottom of the Pot but not too much. Put only enough Ribs to cover the bottom of the Pot at one time and put more Ribs only as you remove some that are browned all around. This is so that they cook faster and keep their juices, tenderness and their flavor.

When all the Ribs are well browned put them in a Pyrex Glass Cookware like the one used with the Chicken Breast but this time only put ¼ inch of water and spread My Hot B.B.Q. Sauce all over the Ribs. Cover the cookware with an aluminum foil tightly around and under the handles and place the cookware in a **pre heated oven at 350 degree f.** It's a good idea to put a double layer of aluminum foil between the cookware and the oven Grill to prevent burning when cooking Ribs and set the grill at mid oven height.

Let cook at this temperature **for 45 minutes** then lower the temperature at **200 degree f.** and cook for another one hour and a half. Do not open the oven or lift the aluminum foil during all the cooking time. Normally one hour and a half will be sufficient but it might be just a little more if you have lots of Ribs or if they are very big. You will have to be the judge of that. Check them after 1 hour and a half and I am sure they will be OK. Once the cooking is done pull them out of the oven and spread more Hot B.B.Q. Sauce just before serving.



PORK, BEEF OR LAMB RIBS COOKED IN THE OVEN AND FINISHED ON THE B.B.Q.

Use the same method as above with the Pyrex Glass Cookware and the foil except that here you cook the **Ribs for one Hour at 325 degree f.** Then remove the cookware from the oven **and leave the foil on the cookware for 30 minutes** and then remove them and spread more hot B.B.Q. Sauce on the Ribs and put them on a pre heated B.B.Q. at medium heat and close the cover. Turn the Ribs and spread more B.B.Q. a couple of time and the Ribs should be done. You be the judge since that the cooking time could be different depending of the type and size of the B.B.Q. that you are using. The Ribs will be done when the meat will almost start to come off the bones.

BON APPÉTIT.

